DAY 1~~REGU	JLAR DIET	DAY 1~~~REGULAR DIET	DAY 1~~~REGULAR DIET
*REGULAR PORTION	<u>us</u> ( )	*REGULAR PORTIONS ()	*REGULAR PORTIONS ( )
SMALL PORTIONS	( )	SMALL PORTIONS ()	SMALL PORTIONS ( )
LARGE PORTIONS	( )	LARGE PORTIONS ( )	LARGE PORTIONS ( )
FRUITS AND J		APPETIZER/SALAD	APPETIZER /SALAD
() *Orange	( ) Cranberry Juice	( ) *Tossed Salad	( ) *Pears in Lime Jell-O
<u>Sections</u>	( ) Grape Juice	( ) *Ranch Dressing ( ) French	( ) Tossed Salad
( ) Apple Juice	( ) Orange Juice	( ) Thousand Island	() Ranch Dressing () French
( ) Apricot Nectar	( ) Prune Juice	( ) Italian Dressing	( ) Thousand Island ( ) Italian Dressing
( ) Cranapple Juice	( ) V-8 Juice	( ) Tomato Soup with Oyster Crackers	( ) Assorted Jell-O Cubes
CEREALS		ENTERPETE (CITA D CITA	ENTREES / STARCH
() *Cream of Wheat	( ) Rice Krispies	ENTREES / STARCH	( ) *Macaroni & Cheese
( ) Bran Flakes	( ) Shredded Wheat Minis	( ) *Baked Chicken Breast	( ) Tuna Sandwich on White Bread
( ) Cheerios	( ) Wheaties	( ) Grilled Cheese Sandwich	( ) Tuna Sandwich on Winte Bread
( ) Corn Flakes	( ) Malt-O-Meal	CEARCHAICEAN E	VEGETABLE
( ) ½ & ½	( ) Oatmeal	STARCH/VEGETABLE	( ) *Beets
( ) /2 & /2	( ) Gatthear	( ) *Mashed Potatoes w/Chicken Gravy	( ) Spinach
ENTREES		( ) *Asparagus Spears	( ) Spinaen
( ) *Scrambled Eggs	( ) *Sausage Links	( ) Green Beans	BREADS
( ) Egg Beaters	() Cottage Cheese	DDEADG	( ) White Dinner Roll
( ) Peanut Butter	( ) Yogurt W/Fruit	BREADS	( ) *Whole Wheat Dinner Roll
( ) I can't Butter	( ) Togait William	( ) White Dinner Roll	( ) Wheat Bread
BREAKFAST BREADS		( ) *Whole Wheat Dinner Roll ( ) Wheat Bread	( ) Wholi Broad
( ) *Blueberry Muffins		( ) Wheat Bleau	DESSERTS
( ) Buttered White Toast		DESSERTS	( ) *Raspberry Pie
( ) Buttered Whole Whea	nt Toast	( ) *Fresh Fruit Cup	( ) Vanilla Ice Cream Cup
( ) Buttered Raisin Toast		( ) Vanilla Ice Cream cup	( ) Fresh Fruit Cup
( ) Toasted Bagel with Cr		( ) Rainbow Sherbet	( ) 1165H 116H Cup
( ) Toasted English Muff		( ) Kambow Sherbet	<b>BEVERAGES / CONDIMENTS</b>
( ) Assorted Danish		BEVERAGES / CONDIMENTS	( ) Coffee ( ) Decaf Coffee
		( ) Coffee ( ) Decaf Coffee	( ) Hot Chocolate ( ) Ice Tea
BEVERAGES/C	ONDIMENTS	( ) Hot Chocolate ( ) Ice Tea	( ) *Hot Tea ( ) Creamer
( ) *Coffee	( ) Hot Chocolate	( ) *Hot Tea ( ) Creamer	( ) Herbal Tea ( ) Non-Dairy Creamer
( ) Decaf Coffee	( ) Creamer	( ) Herbal Tea ( ) Non-Dairy Creamer	() Whole Milk () Lemon
( ) Hot Tea ( ) Herbal Tea	( ) Non-Dairy Creamer ( ) Lemon	( ) Whole Milk ( ) Lemon	() *2% Milk () *Margarine
( ) Whole Milk	( ) *Margarine	( ) *2% Milk ( ) *Margarine	( ) Skim Milk ( ) Jelly
( ) <u>*2% Milk</u>	( ) Jelly	() Skim Milk () Jelly	() *Sugar (2) () Honey
( ) Skim Milk	( ) Honey	( ) *Sugar (2) ( ) Honey	() Mrs. Dash () Sugar Substitute
( ) <u>*Sugar (2)</u> ( ) Mrs. Dash	() *Syrup () Sugar Substitute		() *Pepper () *Salt
( ) Mrs. Dasn ( ) *Pepper	( ) Sugar Substitute ( ) *Salt	`	( ) Junt
( )	( /	() <u>*Pepper</u> () <u>*Salt</u>	